Stressed Out…in middle or HIGH school?

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Try Mindfulness Based Stress Reduction for Pre-teens & Teens

Are things getting to you? Do you feel stressed by things like your school work, friends, parents, a busy and demanding schedule, or educational, emotional/behavioral or medical problems??? Well, HELP is here!

MBSR for Pre-teens & Teens teaches you the skills of Mindfulness to help you learn to stay focused in the present rather than getting derailed by stress. In a small group, practice paying attention to the moment in an open, non-judgmental way. We will use discussion and some fun activities to show how the mind and body work together to give you stress and how they can be redirected to help you manage things like tension, upset, worry, distraction, self-esteem, etc. Feel better and be more productive!

Mindfulness Helps Teens:

* Understand and recognize how you experience stress
* Focus on the NOW… so you spend less time obsessing about the past and worrying about the future
* Reduce reactivity, negativity and judgments
* Think about Thinking…get curious about how your mind works
* Manage life as it is…figure out what you can control, what you have to accept and how to forgive
* Cultivate self-awareness, self-monitoring, self-care and resilience

MBSR is a well-researched educational program offering skills to manage stress and enhance mental and physical well-being. Originally developed over 30 years ago by adult psychologists at the University of Massachusetts, it has been adapted in the program we will use for adolescents, pre-teens through college age.

Group Leader: Dr. Karen Cohen. Dr. Cohen, a psychologist in private practice in Princeton Junction, works with children, adolescents and their families on a variety of issues including emotional balance and relationship building. To learn more about her, visit her website: [www.drkarenscohen.com](http://www.drkarenscohen.com) or call 609-799-9139.

**Group Details**: 8 week course, 90 mins./wk, small group format, meets in Princeton Junction

Separate groups for middle school and high school students.

To Register: call 609-799-9139 or email [kcohenpsyd@gmail.com](mailto:kcohenpsyd@gmail.com)